



Motorsport Safety Equipment

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Arm Restraints - Instructions

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1. Unvelcro the first arm restraint
2. Adjust the 50mm part of the arm restraint into the open position.
3. Aim for a circumference of approximately 45cm in the open position
4. Now adjust the 25mm tail strap to fully open. This is done by using the two-crash helmet style D links.
5. Insert your arm into the arm restraint. The Velcro is on the outside.
6. Position the arm restraint between your elbow and bicep
7. Fasten the Velcro so the arm restraint is now snug.
8. Repeat this process on the other arm restraint
9. Get into the race car
10. Do up your harness lap straps
11. Take the left hand shoulder strap of the harness and also the loop on the end of the 25mm tail on the left arm restraint
12. Pass the loop on the 25mm tail strap over the tongue of your harness and insert the tongue (with the loop) into the air craft quick release box
13. The arm restraint is now attached to the harness
14. Adjust the 25mm tail strap so that your hand can not come out of the seated cage area and is comfortable for driving
15. Repeat this process on the right hand arm restraint
16. Now make sure the arm restraint does not interfere with the steering wheel or any other equipment in the cock pit
17. To release, simply turn the lever on the harness and get out of the car

Please Note: TRS recommend that you rehearse this procedure at least 3 times in the garage prior to using arm restraints on the circuit, so the driver is familiar with how to use the product



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